

Olive Garden Chicken Scampi

white sauce base:

heat 1 tablespoon butter in nonstick skillet. after it's melted, add 2 tablespoons flour and cook for 2 minutes on med heat. slowly add milk and stir constantly to get rid of lumps. when you have added enough milk, you should have like a white gravy consistency. set this aside. You will have much more white sauce than you will actually need.

scampi sauce:

2 sticks butter
2 tablespoons crushed garlic (real garlic; not salt or the dried stuff)
2 tablespoons chicken stock
3/4 cup chablis (actually, I used riesling and it worked fine) or any white wine that's not too sweet
1 cup water
1/4 cup white sauce
1 teaspoon crushed red pepper
2 tablespoons italian seasoning
black pepper to taste .

Heat butter over a slow heat. add the garlic, italian seasoning and crushed red pepper. cook for about 2 minutes on low heat. add the wine, water, and chicken base. stir until combined. add the white sauce mix and stir until slightly thickened.

The rest of it...

1/2 package of angel hair, cooked according to package directions
thinly sliced bell peppers (red, green and yellow)
thinly sliced red onions
about 10 whole garlic cloves

put the garlic cloves in a small nonstick skillet with some oil and braise them for about 20 minutes on low heat. just put the lid on the skillet and let them cook...they should be golden and really soft when they are done.

in a large nonstick skillet, saute the peppers and onions for a few minutes. also, saute chicken tenderloins (however many you feel like cooking or eating!) Add the angel hair and pour the sauce over. saute until everything is mixed together and sauce is reheated. add garlic cloves.